

ARLINGTON YOUTH CONSULTATION CENTER

The Arlington Youth Consultation Center (AYCC) continued to provide therapy services, referral services, and psychopharmacological services to Arlington children, adolescents, and their families in 2006. Approximately 725 people were helped in 2006.

This was a dramatic increase in services reflecting the expansion of AYCC service in Arlington Public Schools. Beginning in 2005, AYCC was asked to increase its school counseling to Special Education students. Much of this service was provided by graduate interns placed for training at AYCC. In the first part of 2006, a pilot project using one graduate intern, was started at Brackett School. Based on the success of these efforts, AYCC was asked to recruit, train, and supervise additional graduate interns to be placed in all the elementary schools for the start of school in September. A great deal of time and effort was put into interviewing interns, finding additional supervisors, and developing a training model. AYCC began the 2006-2007 school year with a total of 23 graduate interns supervised by existing staff and four consulting supervisors hired just to work with school based interns. The Interns represent eight different masters and doctoral graduate programs. In the elementary schools AYCC is providing most of the total counseling service, both to Special Education students and the general school population. At the Ottoson Middle School and Arlington High School AYCC is providing counseling to alternative programs and to mainstreamed Special Education students.

The work of the staff and interns in the schools focuses on improving the overall adjustment and performance of students. Much of this is done in the context of social skills or friendship groups. The problems that arise cover a wide range of concerns: depression, peer problems, academic struggles, anxiety, ADHD, and learning disabilities. The dedication and hard work of all involved has gotten this effort off to a great start. A total of thirty graduate students received training at AYCC during 2006. This represented a total of more than 14,000 hours of in-kind service.

In the fall of 2006 AYCC sponsored its ninth annual sand tray therapy conference. More than forty clinicians from around New England attended this two-day event. The first day featured Auguste Eliot, a well-known trainer and therapist. The second day gave participants the opportunity to practice and learn techniques of sand tray therapy.